

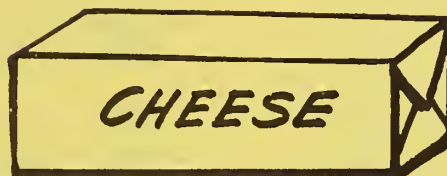
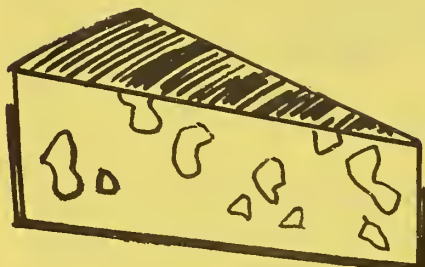
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CHEESE

a good choice for the thrifty family



CHEESE helps build strong bones
good teeth
muscle

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Make CHEESE Toast



for breakfast

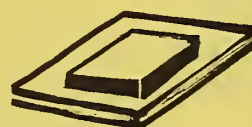
Add strips of CHEESE to tossed salad



Use COTTAGE CHEESE with fruit



Use sliced CHEESE on crackers
for a snack



- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

CHEESE BAKE

10 slices bread
 1 ½ cups cut-up cheese
 3 eggs
 1 ½ cups fluid milk
 1 teaspoon prepared mustard
 1 ½ teaspoons salt

Cut bread in small pieces.

Mix bread and cheese in a baking pan. Set aside.

Beat eggs. Add milk, mustard, and salt and mix well. Pour over bread and cheese in pan.

Bake at 350° F (moderate oven) 25 minutes. Serve at once.

Makes 6 servings, ¾ cup each.

CHEESE-MEAT LOAF

2 eggs
 ⅓ cup fluid milk
 2 slices bread
 ½ small onion
 ¾ pound ground beef
 ½ cup cut-up cheese
 1 teaspoon salt

Beat eggs in a large bowl. Add milk and bread torn in pieces. Let soak a few minutes.

Chop onion.

Mix all ingredients well.

Shape in a loaf in a baking pan.

Bake at 350° F (moderate oven) 1 hour.

Makes 6 servings.

CHEESE SAUCE

2 tablespoons fat (margarine or butter)
 ¼ cup flour
 ½ teaspoon salt
 2 cups fluid milk
 ½ teaspoon prepared mustard
 1 ½ cups cut-up cheese

Melt fat in a pan. Mix in flour and salt. Add milk slowly, stirring until smooth. Cook and stir until sauce thickens.

Add mustard and cheese. Stir over low heat until cheese melts.

Makes 2⅔ cups sauce.

Note: Use cheese sauce to pour over cooked vegetables or to mix with cooked potatoes, rice, bulgur, macaroni, noodles, or hominy.

MACARONI AND CHEESE

Make Cheese Sauce. Mix with 3 cups drained, cooked macaroni. Heat and serve.

Makes 6 servings, ¾ cup each.

SQUASH-TOMATO-CHEESE CASSEROLE

4 large zucchini or yellow summer squash
 1 small onion
 2 slices bread
 2 cups cooked or canned tomatoes
 1 teaspoon salt
 Pepper, as you like
 1 cup thin strips of cheese

Slice squash. Finely chop onion. Cut bread in small pieces.

Put tomatoes in greased baking pan; cut up large pieces.

Sprinkle onion, bread, salt, and pepper over tomatoes. Put squash on top.

Put cheese over squash.

Cover and bake at 375° F (moderate oven) about 45 minutes until squash is tender.

Makes 6 servings, about 1 cup each.

CHEESE RAREBIT

1 egg
1 ¼ cups fluid milk
3 cups cut-up cheese
1 ½ teaspoons prepared mustard
12 slices hot toast

Beat the egg.

Mix the egg, milk, cheese, and mustard in a saucepan.

Cook and stir over low heat until cheese melts and sauce is smooth. Serve at once on toast.

Makes 6 servings, each about ½ cup sauce and 2 slices toast.



MEAT, TOMATO, AND CHEESE OPEN SANDWICHES

6 slices bread
6 thin slices canned chopped meat or canned luncheon meat
Prepared mustard, as you like
6 thin slices cheese
6 slices tomato

Top each slice of bread with a slice of meat. Spread with mustard (if used).

Put a slice of cheese on each. Add a slice of tomato.

Bake at 400° F (hot oven) about 5 minutes until cheese melts and meat is hot.

Makes 6 sandwiches.

CHEESE DROP BISCUITS

2 cups flour
1 tablespoon baking powder
½ teaspoon salt
⅓ cup shortening
1 cup cut-up cheese
¾ cup fluid milk

Mix flour, baking powder, and salt in a large bowl.

Mix in shortening with a fork or 2 knives until mixture is crumbly.

Stir in cheese and milk.

Drop dough from tablespoon on greased baking pan.

Bake at 450° F (very hot oven) about 15 minutes until lightly browned.

Makes 12 large biscuits.

COTTAGE CHEESE SANDWICH SPREADS

- Cottage cheese with chopped carrot and drained crushed pineapple.
- Cottage cheese with cut-up canned chopped meat or canned luncheon meat.
- Cottage cheese with finely chopped, drained, canned fruit and raisins.
- Cottage cheese with finely chopped hard-cooked eggs, a little mayonnaise, and mustard, if you like

GRILLED CHEESE SANDWICHES

6 thin slices cheese
12 slices bread
Margarine or butter for browning

Put each slice of cheese between 2 slices of bread.

Spread a little margarine or butter in heated fry pan. Put sandwiches in pan. Cook over low heat until cheese melts and sandwiches are browned on one side.

Turn sandwiches, putting a little more fat under each in pan. Brown other side.

Makes 6 sandwiches.

CHEESE CHOWDER

2 medium-size carrots
2 stalks celery
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ small onion
2 tablespoons fat (margarine or butter)
 $\frac{1}{4}$ cup flour
4 cups fluid milk
1 $\frac{1}{2}$ cups cut-up cheese

Chop carrots and celery. Cover, cook in boiling water about 10 minutes until tender.

Chop onion. Cook onion in fat until tender.

Stir flour into onion. Add milk slowly, stirring until smooth. Cook and stir until thickened.

Add cheese and vegetables with cooking water to the milk mixture. Stir over low heat until cheese melts. Serve hot.

Makes 6 servings, $\frac{2}{3}$ cup each.

PINEAPPLE-COTTAGE CHEESE PIE

2 cups creamed cottage cheese
1 egg
 $\frac{1}{2}$ cup sugar
2 tablespoons flour
 $\frac{1}{2}$ cup undrained, crushed pineapple
1 tablespoon lemon juice
Unbaked 8-inch single pie crust
Pineapple Glaze (recipe follows)

Mix cottage cheese and egg; beat well.

Mix in sugar, flour, crushed pineapple and lemon juice. Pour into unbaked pie crust.

Bake at 350° F (moderate oven) about 45 minutes until the tip of a knife stuck in the center comes out clean.

Cool the pie. Spread Pineapple Glaze over top. Chill.

PINEAPPLE GLAZE. Mix $\frac{1}{2}$ cup undrained crushed pineapple, 2 tablespoons lemon juice, and 1 tablespoon cornstarch in a pan. Cook and stir over low heat about 5 minutes until thickened and clear. Cool.

